

Garlic-Roasted Asparagus

All-Time Favorites Cookbook Volume 3 (2008)

Better Homes and Gardens Magazine

Servings: 6

*1 1/2 pounds fresh asparagus spears
2 to 3 cloves garlic, thinly sliced
2 to 3 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper*

Preheat the oven to 450 degrees.

Snap off and discard the woody bases from the asparagus spears. Place the asparagus and garlic in a 15x10x1-inch baking pan. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat.

Roast for 10 to 15 minutes or until the asparagus is crisp-tender, stirring once halfway through roasting.

Serve immediately.

Per Serving (excluding unknown items): 638 Calories; 72g Fat (99.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 14 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	638
% Calories from Fat:	99.7%
% Calories from Carbohydrates:	0.2%
% Calories from Protein:	0.0%
Total Fat (g):	72g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	53g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): trace
Sodium (mg): 89mg
Potassium (mg): 5mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 638 **Calories from Fat:** 636

% Daily Values*

Total Fat 72g	111%
Saturated Fat 10g	49%
Cholesterol 0mg	0%
Sodium 89mg	4%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein trace	
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Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.